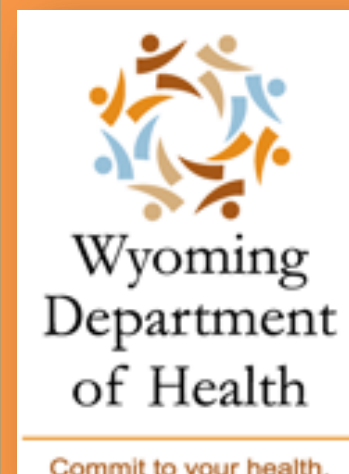


Chronic Disease Prevention

Addendum to Strategy Resource Guide

Compiled by the Wyoming Diabetes, Heart Disease & Stroke
Prevention and Control Program
www.health.wyo.gov/phsd/dhds

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PURPOSE OF ADDENDUM

In November 2013, the Diabetes, Heart Disease & Stroke Prevention and Control Program (DHDSPCP) compiled a strategy resource guide for community use in identifying and selecting evidence-based strategies for chronic disease prevention.

After initially approved by the Department of Health, the Centers for Disease Control and Prevention (CDC) provided a courtesy review and responded with many thoughtful resource suggestions.

This addendum supplies communities with additional resources provided by CDC through their review. While the original resource guide was intended to provide communities with an organized collection of evidence-based strategies, this addendum provides resources related to the strategies, such as analysis tools, policy tools, and position statements, as well as strategy guidance that may not have been included in the original document.

This addendum will be a “living document” and will be updated as new resources become available or are distributed.



Healthy Communities



CARDIOVASCULAR DISEASE

- [Cardiovascular Risk Prevention Guidelines](#). The American Heart Association (AHA) and the American College of Cardiology (ACC) released the 2013 Guideline on Lifestyle Management to Reduce Cardiovascular Risk. The target audience for the report is primary care providers.
- [Evidence-Based Treatment Protocols for Improving Blood Pressure Control](#). This resource, provided by the [Million Hearts® Initiative](#) provides a variety of evidence-based hypertension treatment protocols for practices and health care systems to select from.

SCHOOL NUTRITION

- [WellSAT](#). The Wellness School Assessment Tool assists school districts in assessing the quality of their wellness policies, as well as provides personalized guidance and resources for making improvements, based on the assessment.
- [CDC School Health Index](#). The 2012 School Health Index (SHI): Self-Assessment & Planning Guide is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs. It's easy to use and completely confidential.
- [USDA Smart Snacks in School](#). The Smart Snacks in School nutrition standards support better health for youth and echo the good work already taking place in schools across the country. The new standards preserve flexibility for time-honored traditions like fundraisers and bake sales, and provide ample transition time for schools.
- [National Association of State Boards of Education \(NASBE\) Fit, Healthy, Ready to Learn Series](#). The primary audience for this series are state and local education policymakers and administrations, as well as school health professionals, youth serving organizations, and health and safety advocates. Secondary audiences are advocates who work to influence decision-makers. The guides are rich with recent scientific data, analysis, examples of state and local best practices, and evidence-based model policies that can be adapted by schools, districts, and states. Of interest to school nutrition advocates is [Chapter E: Policies to Promote Healthy Eating](#).

SCHOOL PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

- [Physical Education Curriculum Analysis Tool \(PEACT\)](#). This self-assessment and planning guide is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards.
- [Strategies to Improve the Quality of Physical Education \(PE\)](#). This document was developed by CDC and identifies key strategies for improving the quality of PE.
- [Presidential Youth Fitness Program](#). This is a voluntary program that includes an assessment, professional development, and motivational recognition to empower students to adopt and maintain an active lifestyle.
- [National Association for Sports and Physical Education \(NASPE\) Position Statement on Recess for Elementary School Students](#). This document provides a statement from NASPE on recess, as well as recommendations.
- [NASPE Position Statement on Appropriate Maximum Class Length for Elementary Physical Education](#). This position statement identifies the reasons for the class length recommendations, specifically noting the differences among students in grades K-2, compared with students in grades 3-5.
- [NASPE Position Statement on What Constitutes a High Quality Physical Education Teacher](#). This document describes six attributes that a highly qualified physical educator exhibits, including critical knowledge, skills, and best practices.
- [NASPE Position Statement on Opposing Substitutions and Waivers/Exemptions for Requiring Physical Education](#). Based on the NASPE National Standards (2004), this position statement distinguishes physical education as part of the total education curriculum from other essential but non-equivalent forms of physical activity.
- [NASPE Professional Development Pipeline](#). NASPE Advances best practices through high-quality professional development workshops, consultations, and conferences.

- [**Action for Healthy Kids Policy Development Tool**](#). This tool is intended to help anyone involved in developing, implementing, and evaluating wellness policies by providing practical guidance and how-to information about the wellness policy process. The website requires registration and log-in.
- [**National Association of State Boards of Education \(NASBE\) Fit, Healthy, Ready to Learn Series**](#). Of interest to school physical education/physical activity advocates is [Chapter D: Policies to Promote Physical Activity and Physical Education](#).
- [**Safe Routes to School Policy Workbook**](#). This workbook is designed to help school board members, administrators, families of students, and community members create and implement policies that support active transportation and Safe Routes to School programs. It provides a series of policy options to build a customized Safe Routes to School policy, which you can download and use in your community.
- [**Comprehensive School Physical Activity Program \(CSPAP\) Guide**](#). Coming soon; publication expected late 2013.

OTHER COMMUNITY PREVENTION RESOURCES

- [**Active Living Research Literature Database**](#). The ALR Literature Database features papers that study the relationship of environment and policy with physical activity and obesity. It also provides resources for research and policy debates.
- [**Health in All Policies: Strategies to Promote Innovative Leadership**](#). This resource educates and empowers public health leaders to promote a Health in All Policies (HiAP) approach to policymaking and program development.
- [**Health in All Policies: A Guide for State and Local Governments**](#). Created by the Public Health Institute, this guide draws heavily on the experiences of the California Health in All Policies Task Force and incorporates information from the published and gray literature and interviews with people across the country.
- [**A Practitioner's Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease**](#). This resource focuses on policy, systems, and environmental improvement strategies designed to improve the places where people live, learn, work, and play.